

Grosse Schanze | SNVF Generalversammlung

SFNV-Generalversammlung

02. to 08.03.2015

For the digital meal plan with further details, scan the QR-Code!



Menu

Tarte flambée I Umami Micro-greens (vegan)

New Roots Cheese Pie (vegan)

Luya Bites I Daikon I New Roots Cheese Pie (vegan)

Miso Blueflower soup (vegan)

Tzatziki I Fennel I Pilsa Bread (vegan)

Monday	Tuesday	Wednesday	Thursday	Friday
SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung	SFNV-Generalversammlung
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)
NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli	NewRoots Chäsküechli
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiert Gemüse
Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)
Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)

Any changes to individual menu components will be communicated in writing directly at the food counter. If you are unsure about allergens or require further information, you can contact our staff at any time.

Discover the climate impact of meals...

Climate Impact

- High
- Medium
- Low



Balance

- Proteins
- Carbohydrates
- Vegetables & Fruits

...and identify balanced nutrition.

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Menu
Tarte flambée I Umami Micro-greens (vegan)
NewRoots Chäsküechli
Luya Bites I Daikon I NewRoots Cheese Pie (vegan)
Jalapeno Ketchup I Fermented Vegetables
Miso | Cauliflower soup (vegan)
Fennel I Pinsa Bread (vegan)

Saturday

Sunday

SFNV-Generalversammlung	SFNV-Generalversammlung
Low Vegetables & Fruits Carbohydrates Proteins	Low Vegetables & Fruits Carbohydrates Proteins
Tarte flambée I Umami Micro-greens (vegan)	Tarte flambée I Umami Micro-greens (vegan)
Low Vegetables & Fruits Carbohydrates Proteins	Low Vegetables & Fruits Carbohydrates Proteins
NewRoots Chäsküechli	NewRoots Chäsküechli
Medium Vegetables & Fruits Carbohydrates Proteins	Medium Vegetables & Fruits Carbohydrates Proteins
Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse	Luya-Bites, Daikon, Jalapeno-Ketchup, fermentiertes Gemüse
Medium Vegetables & Fruits Carbohydrates Proteins	Medium Vegetables & Fruits Carbohydrates Proteins
Miso Blumenkohlsuppe (vegan)	Miso Blumenkohlsuppe (vegan)
Low Vegetables & Fruits Carbohydrates Proteins	Low Vegetables & Fruits Carbohydrates Proteins
Tzatziki, Fenchel, Pinsa Bread (vegan)	Tzatziki, Fenchel, Pinsa Bread (vegan)
Low Vegetables & Fruits Carbohydrates Proteins	Low Vegetables & Fruits Carbohydrates Proteins

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Sauce
Baked potatoes | Mixed Salads | Breadcrumbs
Yumame | Knoblauch | Spätzli | Miso-Würstchen | Kürbis (vegan) | Datteln
Miso-Würstchen
Datteln
Brownie | hemp

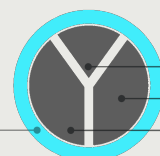
Monday	Tuesday	Wednesday	Thursday	Friday
Salatvariation	Salatvariation	Salatvariation	Salatvariation	Salatvariation
   	   	   	   	   
Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)	Planted steak Baked Potatoes Autumn vegetables Connies Ketchup (vegan)
   	   	   	   	   
Fusilli Yumame	Fusilli Yumame	Fusilli Yumame	Fusilli Yumame	Fusilli Yumame
   	   	   	   	   
Seitangulasch Spätzli Miso-Würstchen (vegan)	Seitangulasch Spätzli Miso-Würstchen (vegan)	Seitangulasch Spätzli Miso-Würstchen (vegan)	Seitangulasch Spätzli Miso-Würstchen (vegan)	Seitangulasch Spätzli Miso-Würstchen (vegan)
   	   	   	   	   
Dattel Snicker (vegan)	Dattel Snicker (vegan)	Dattel Snicker (vegan)	Dattel Snicker (vegan)	Dattel Snicker (vegan)
   	   	   	   	   
Hanfsamen Brownie	Hanfsamen Brownie	Hanfsamen Brownie	Hanfsamen Brownie	Hanfsamen Brownie
   	   	   	   	   

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Brembeesauce | Mixed Salads | Baked potatoes | Autumn vegetables...
 Yumame | Knoblau | Fusilli | Miso-Wirsing | Seitangulasch | Spätzli | Dattel Snicker (vegan) | Hanfsamen Brownie

Saturday

Sunday

Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



Salatvariation



Planted steak | Baked Potatoes | Autumn vegetables | Con-nies Ketchup (vegan)



Fusilli Yumame



Seitangulasch | Spätzli | Miso-Wirsing (vegan)



Dattel Snicker (vegan)



Hanfsamen Brownie



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New Roots white cheese variations incl. Swiss-Miso +...

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NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)	NewRoots Cheese + Swiss Miso (vegan)

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New Roots white cheese variations incl. Swiss-Miso +...

Saturday

NewRoots Cheese + Swiss Miso (vegan)



Sunday

NewRoots Cheese + Swiss Miso (vegan)



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